



## Save the Date!

**Town Hall Meeting**  
**Dec. 12, 2013**

**Santa Claus  
Comes to Town**  
**Dec. 24, 2013**



## Message from Dr. Jett

### Population Health

Greetings this Holiday Season!

I've been asked many times what population health is. Wikipedia defines it as "the health outcomes of a group of individuals, including the distribution of such outcomes within the group. It is, in essence, a strategic plan to improve the health of the entire population."

Health is a dynamic state of complete physical, mental, spiritual, and social well-being and not merely the absence of disease or infirmity. (WHO, 1998)

Public Health is "What we, as a society, do collectively to assure the conditions in which people can be healthy. (IOM 1988)

Florida Statute 154.001 states that "It is the intent of the legislature to promote, protect, maintain, and improve the health and safety of all citizens and visitors of this state through a system of coordinated county health department services."

This statute places the authority and responsibility of population health on state and local health departments.

### Public Health

- Prevents epidemics and the spread of disease
- Prevents injuries
- Promotes and encourages healthy behavior
- Responds to disasters
- Assures the quality and accessibility of Health Services

### "Population health is public health"

A medical model saves lives one person at a time.  
Public Health saves lives millions at a time.

### The Great Public Health Achievements (1900-1999)

- Vaccinations
- Safer workplace
- Safer and healthier food

Motor vehicle safety  
Control of infectious diseases  
Family planning  
Recognition of tobacco use as a health hazard  
Fluoridation of drinking water  
Healthier mothers and babies  
Decline in death from coronary heart disease and strokes

Through these achievements life expectancy in the United States has increased from 47.3 years in 1900 to 78.1 years in 1996. That's an increase of 25+ years per life.

According to research conducted by Glen Mays, PhD, MPH, in which 3000 local public health agencies were analyzed over a 17-year period, it was found that each ten percent increase in public health spending led to a 4.3 percent reduction in infant mortality, as well as reductions of 0.5 to 3.9 percent in non-infant deaths from cardiovascular disease, diabetes, cancer and influenza.

In essence, for every investment in prevention we make we save not just one life but improve the health of the overall population in any community. Combining the medical model with the public health model essentially creates a public health system. The public health system includes hospitals, civic groups, nonprofit organizations, community centers, employers, corrections, elected officials, fire, transit, home health, EMS, schools, nursing homes, and law enforcement agencies. Now that's a worthy investment in prevention for a **HEALTHY Seminole County!**

Health Officer  
Florida Department of  
Health in Seminole County



## this issue

WIC / Healthy Start **P.2**

DOH - Seminole in Pictures **P.3**

TB Investigation **P.4**

Accreditation **P.5**

School Health and TOP **P.6**



The Healthy Start program hosted a regional training on Motivational Interviewing on October 26, 2013 in our auditorium. The training was conducted by David Duresky, MA, Quality Assurance Coordinator and Training Manager at the Broward Healthy Start Coalition. A total of fifty-seven Healthy Start Program and Coalition staff from Orange and Osceola Counties joined Seminole County Department of Health staff in this training.

Motivational Interviewing is an evidence based practice that is respectful of client autonomy and explores change through a collaborative relationship. It utilizes client resistance and ambivalence to increase a client's motivation to change. Motivational Interviewing practices are being integrated into the Healthy Start Program as a result of the statewide Re-Design workgroup.

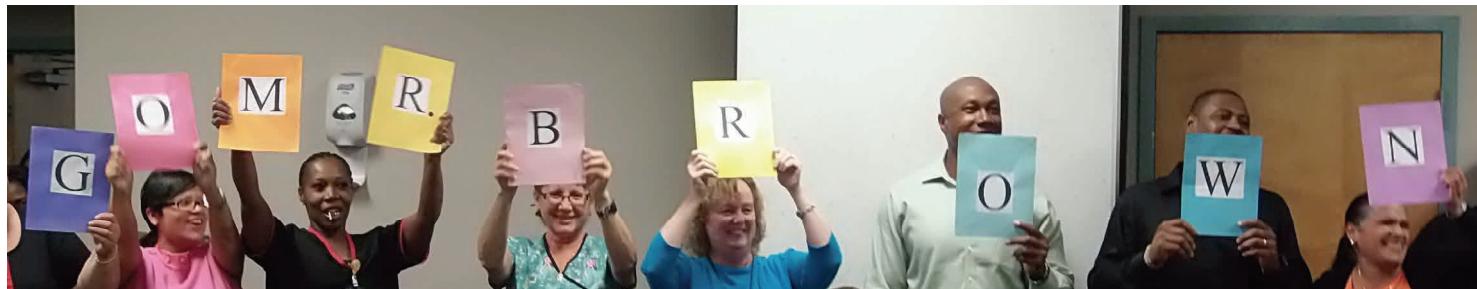
Attendees learned about the Stages of Change; the Core Competencies of Motivational Interviewing, and how to apply Motivational Interviewing techniques to increase Breastfeeding.

The trainer, David Duresky, has also presented at the Florida Association of Healthy Start Coalitions Annual Meeting in August 2013 and is widely recognized as an expert in Motivational Interviewing. In 2011, David co-founded the Breastfeeding Coalition of Broward County, an advocacy group that brings hospitals, health professionals and other stakeholders together to further breastfeeding education. Breast pump manufacturer Medela also recently honored David by inducting him into its 2013 Breastfeeding Hall of Excellence - one of just two men to receive the honor in the hall's eight-year history.

The Healthy Start Program was pleased to offer this exceptional training opportunity to our staff, as well as other departments within our Health Department.

Healthy Start and WIC are teaming up to combine educational efforts for prenatal moms. Starting this Tuesday, Nov. 5, 2013, Healthy Start will use the InJoy curriculum to provide education on various topics such as Fetal Development, Understanding Medical Care, Exercise, Understanding Discomforts, Understanding Hazards (Alcohol, Smoking, Illegal Drugs, Medication, Cat Litter, X-Rays, Tattoos, etc.), and Understanding Emotions and their Impact on Pregnancy. These educational sessions will be provided prior to the regularly scheduled and mandated WIC Nutrition classes. This initiative is designed to help reduce Seminole County's Infant Mortality Rate and to expose more women to the benefits of participating in Healthy Start.

# Halloween 2013 & 3rd Quarter Awards



## Items of Note

### Tuberculosis case investigation at Seminole High School

By Herald Staff

The Florida Department of Health in Seminole County (DOH-Orange) is currently involved in the contact investigation of one case of active Tuberculosis (TB) of an Exception Student Education (ESE) student at Seminole High School. School Officials, as well as families of attending students, are being notified and are participating in the investigation.

Approximately 125 students and staff from the school have been identified for testing. Those individuals exposed are being medically evaluated and will be offered therapy, if found infected. The investigation was initiated following the recent hospitalization, and release, of a student with active TB.

"This is an isolated case within the school district. Florida Department of Health and Seminole County School District are responding together to notify and educate students, parents, and staff about tuberculosis," said Dr. Swannie Jett, Health Officer for the Department of Health in Seminole County. "Our top priority is to continue providing a safe and healthy environment for everyone."

TB is a disease caused by germs spread from person to person in close contact through the air by respiratory droplets and requires prolonged exposures to the same indoor air with the infected person. TB germs are put in the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks or sings. Persons who breathe in the air containing TB germs can become infected.

TB usually affects the lungs, yet may also affect other parts of the body. Symptoms of TB disease include feelings of sickness or weakness, weigh loss, fever and night sweats. Symptoms of TB disease of the lungs also include coughing, chest pain, and coughing up blood.

TB is diagnosed by a skin test or blood test, administered by your health care provider or local health department. A positive test usually means the person has been infected with the TB germ, however, it does not necessarily mean the person has active TB disease. Additional tests, such as an x-ray or sputum sample are needed to determine if the person has active TB disease. TB can be easily cured through proper medical treatment.

For more information, go to <http://www.floridahealth.gov/diseases-and-conditions/tuberculosis/tb-faqs.html> and [www.cdc.gov/tb](http://www.cdc.gov/tb).

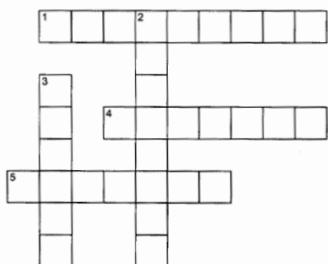
Healthy Start donated an AED device to SafeHouse (the county's domestic violence shelter). The device ensures that women and infants residing at the shelter will have access to life saving equipment.



### Test Your Knowledge

#### Accreditation Fun

Use the Community Health Improvement Plan to complete this puzzle



#### ACROSS

- 1 In order to increase access to healthy food, DOH-Seminole will work with community organizations to expand community and school \_\_\_\_\_.
- 4 DOH-Seminole is seeking to reduce and prevent \_\_\_\_\_ in Seminole County.
- 5 One way that DOH-Seminole will help fight obesity is to educate Seminole County residents on \_\_\_\_\_ food choices.

#### DOWN

- 2 Heart disease, \_\_\_\_\_, cancer and obesity were identified among health conditions in Seminole County that can be linked to poor nutrition and inactivity.
- 3 DOH-Seminole will also support the promotion of physical activity to reduce \_\_\_\_\_ and improve mental health.

Answers are on page 6.

Thelisha Thomas, Community Program Manager for Healthy Start with Dr. Adewale Troutman, President of the American Public Health Association at the APHA annual meeting.





Accreditation Education Team

Mission Statement:

To educate

DOH – Seminole employees

on the process of accreditation

using engaging activities

### The 12 Domains of Accreditation

1. Conduct and disseminate assessments focused on population health status and public health issues facing the community.
2. Investigate health problems and environmental public health hazards to protect the community.
3. Inform and educate about public health issues and functions.
4. Engage with the community to identify and address health problems.
5. Develop public health policies and plans.
6. Enforce public health laws.
7. Promote strategies to improve access to health care services.
8. Maintain a competent public health workforce.
9. Evaluate and continuously improve health department processes, programs, and interventions.
10. Contribute to and apply the evidence base of public health.
11. Maintain administrative and management capacity.
12. Maintain capacity to engage the public health governing entity.



## December Birthdays

Teresa Christman - Dec 5

Terry Britton - Dec 7

Martha Skodnik - Dec 8

Erolia Delva - Dec 9

Earnestine Johnson - Dec 12

Sarah Connolly - Dec 15

Gary Jenkins - Dec 16

Patricia Whites - Dec 18

Pranav Mehta - Dec 25

Vivian Poyer - Dec 29

We wish you  
many happy  
returns!

## Teenage Outreach Program

Peggy Booth from EPI/HEP presented as guest speaker with our facilitator Sherene Saunders during a recent TOP session at the Grove and on Nov. 12, a representative from Family Planning will also join in as guest speaker. Their participation will help address teen questions on subjects such as hygiene, body image, sexual health and family planning.

## School Health



On November 1st, the School Health Program visited 3 Head Start locations to participate in the Head Start Awareness Month Celebration as guest readers. The team read a few "healthy stories" at several sites including Hamilton, Midway and Pine Crest Head Start Centers and to approximately 120 children!

School Health nurses completed the immunization record reviews for private schools. They are excited to report that private schools this year reached 98% compliance rates for kindergarten and 95% compliance rates for 7<sup>th</sup> graders. State goals are 95% and 90% for kindergarten and 7<sup>th</sup> grade, respectively. Kudos school health nurses for your efforts in surpassing state goals!



Compiled and edited by Pranav Mehta. If you have any comments and/or suggestions please feel free to send them along. This newsletter reflects us as an organization and needs everyone's contribution. Thank you all for your time and effort. Email: Pranav.Mehta@flhealth.gov

Down: 2. Diabetes 3. Stress  
Across: 1. Gerdening 4. Obesity 5. Healthy  
Crossword Puzzle Answers